

Raleigh Parks & Recreation

Adult Tennis

919.872.4129

FALL 2010

Adult Instruction

Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$88 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#100505 Aug 30-Oct 6 M,W 10:00-11:00am
#100506 Aug 30-Oct 6 M,W 6:00-7:00pm
#100507 Aug 30-Oct 6 M,W 7:00-8:00pm
#100504 Aug 31-Oct 7 T,Th 11am-12:00pm
#100508 Aug 31-Oct 7 T,Th 7:00-8:00pm
#100509 Sep 4-Oct 9 Sa 9:00-10:00am
#100502 Oct 25-Dec 1 M,W 10:00-11:00am
#100485 Oct 25-Dec 1 M,W 6:00-7:00pm
#100488 Oct 25-Dec 1 M,W 7:00-8:00pm
#100503 Oct 26-Dec 2 T,Th 11am-12:00pm
#100486 Oct 26-Dec 2 T,Th 7:00-8:00pm
#100487 Oct 30-Dec 4 Sa 9:00-10:00am

Lake Lynn Community Center

#100489 Aug 30-Oct 6 M,W 6:00-7:00pm
#100510 Sep 4-Oct 9 Sa 9:00-10:00am
#100491 Oct 25-Dec 1 M,W 6:00-7:00pm
#100492 Oct 30-Dec 4 Sa 9:00-10:00am

Kentwood Park

#100511 Aug 30-Oct 6 M,W 6:00-7:00pm
#100512 Sep 4-Oct 9 Sa 10:00-11:00am
#100493 Oct 25-Dec 1 M,W 6:00-7:00pm
#100494 Oct 30-Dec 4 Sa 10:00-11:00am

Lions Park

#100495 Aug 31-Oct 7 T,Th 6:00-7:00pm
#100496 Sep 4-Oct 9 Sa 10:00-11:00am
#100499 Oct 26-Dec 2 T,Th 6:00-7:00pm
#100501 Oct 30-Dec 4 Sa 10:00-11:00am

Biltmore Hills Community Center

#100497 Aug 31-Oct 7 T,Th 5:30-6:30pm
#100498 Oct 26-Dec 2 T,Th 5:30-6:30pm

Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$88 Weekday/\$48 Sat

Millbrook Exchange Tennis Center

#100590 Aug 30-Oct 6 M,W 11am-12:00pm
#100592 Aug 30-Oct 6 M,W 6:00-7:00pm
#100591 Aug 31-Oct 7 T,Th 10:00-11:00am
#100593 Aug 31-Oct 7 T,Th 7:00-8:00pm
#100594 Sep 4-Oct 9 Sa 10:00-11:00am

#100588 Oct 25-Dec 1 M,W 11am-12:00pm
#100584 Oct 25-Dec 1 M,W 6:00-7:00pm
#100589 Oct 26-Dec 2 T,Th 10:00-11:00am
#100585 Oct 26-Dec 2 T,Th 7:00-8:00pm
#100586 Oct 30-Dec 4 Sa 10:00-11:00am

Lake Lynn Community Center

#100595 Aug 31-Oct 7 T,Th 6:00-7:00pm
#100587 Oct 26-Dec 2 T,Th 6:00-7:00pm

Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#100606 Aug 30-Oct 6 M,W 7:00-8:00pm
#100607 Aug 31-Oct 7 T,Th 6:00-7:00pm
#100608 Sep 4-Oct 9 Sa 11:00am-12:00pm
#100603 Oct 25-Dec 1 M,W 7:00-8:00pm
#100604 Oct 26-Dec 2 T,Th 6:00-7:00pm
#100605 Oct 30-Dec 4 Sa 11:00-12:00pm

Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin+underspin on ground-strokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$88 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#100611 Aug 31-Oct 7 T,Th 6:00-7:00pm
#100612 Sep 4-Oct 9 Sa 12:00-1:00pm
#100609 Oct 26-Dec 2 T,Th 6:00-7:00pm
#100610 Oct 30-Dec 4 Sa 12:00-1:00pm

Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run.. Fee: \$88

Millbrook Exchange Tennis Center

#100618 Aug 30-Oct 6 M,W 7:00-8:00pm
#100617 Oct 25-Dec 1 M,W 7:00-8:00pm

Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class Fee: \$48

#100619 Aug 31-Oct 5 T 9am-10am
#100624 Sep 2-Oct 7 Th 9am-10am
#100620 Sep 3-Oct 8 F 9am-10am

#100621 Oct 26-Nov 30 T 9am-10am
#100622 Oct 28-Dec 2 Th 9am-10am
#100623 Oct 29-Dec 3 F 9am-10am

Adult Competition

Singles Ladder

Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. Class Fee: \$24

Aug 23-Nov 1

#99593 Men's 3.0	#99598 Women's 2.5
#99594 Men's 3.5	#99599 Women's 3.0
#99595 Men's 4.0	#99600 Women's 3.5
#99596 Men's 4.5	#99601 Women's 4.0
#99597 Coed Open	#99602 Women's 4.5

Nov 22-Feb 14

#99607 Men's 3.0	#99612 Women's 2.5
#99608 Men's 3.5	#99613 Women's 3.0
#99609 Men's 4.0	#99614 Women's 3.5
#99610 Men's 4.5	#99615 Women's 4.0
#99611 Coed Open	#99616 Women's 4.5

Doubles Ladder

Recreational Doubles ladder play for all adult levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament for the top 16 players. Class Fee: \$24

Women's 3.5 Doubles	Women's 4.0 Doubles
#99623 Nov 22-Feb 14	#99624 Nov 22-Feb 14

Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be 8 courts or more of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. Class Fee:\$35

#100625 Sep 1-Nov 10 W 9:30-11:30am
#100626 Nov 17-Feb 16 W 10:00am-12:00pm

RATL-Raleigh Area Tennis League

Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 6:45pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Teams must sign up in person or by mail. Startis Sept 7.

Team Fee: \$75 #100632 or #100633

City Teams also pay city court fees

Tennis – Free Play For Seniors

Location: Millbrook Tennis Center. Age: 55yrs+up. Free organized play for senior tennis players. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play.

Class Fee: \$0

Sept 1-Dec 30 M,Th 9am-11:30am

Raleigh Parks & Recreation

Junior Tennis

919.872.4129

FALL 2010

Junior Instruction

Tennis Jr Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class. Class Fee: \$44 Weekday/ \$24 Sat.

Millbrook Exchange Tennis Center

#100809 Aug 30-Oct 6 M,W 4:00-4:30pm
#100810 Aug 30-Oct 6 M,W 4:30-5:00pm
#100811 Aug 31-Oct 7 T,Th 5:00-5:30pm
#100812 Sep 4-Oct 9 Sa 11:00-11:30am
#100813 Sep 4-Oct 9 Sa 11:30am-12:00pm
#100802 Oct 25-Dec 1 M,W 4:00-4:30pm
#100803 Oct 25-Dec 1 M,W 4:30-5:00pm
#100804 Oct 26-Dec 2 T,Th 5:00-5:30pm
#100805 Oct 30-Dec 4 Sa 11:00-11:30am
#100806 Oct 30-Dec 4 Sa 11:30am-12:00pm

Lake Lynn Community Center

#100814 Aug 30-Oct 6 M,W 5:30-6:00pm
#100815 Aug 31-Oct 7 T,Th 4:30-5:00pm
#100807 Oct 25-Dec 1 M,W 5:30-6:00pm
#100808 Oct 26-Dec 2 T,Th 4:30-5:00pm

Tennis Jr Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#100656 Aug 30-Oct 6 M,W 4:00-5:00pm
#100657 Aug 30-Oct 6 M,W 5:00-6:00pm
#100669 Aug 30-Oct 6 M,W 6:00-7:00pm
#100658 Aug 31-Oct 7 T,Th 4:00-5:00pm
#100659 Aug 31-Oct 7 T,Th 5:00-6:00pm
#100660 Aug 31-Oct 7 T,Th 6:00-7:00pm
#100661 Sep 4-Oct 9 Sa 9:00-10:00am
#100662 Sep 4-Oct 9 Sa 10:00-11:00am
#100663 Sep 4-Oct 9 Sa 11:00am-12:00pm
#100635 Oct 25-Dec 1 M,W 4:00-5:00pm
#100636 Oct 25-Dec 1 M,W 5:00-6:00pm
#100637 Oct 25-Dec 1 M,W 6:00-7:00pm
#100638 Oct 26-Dec 2 T,Th 4:00-5:00pm
#100639 Oct 26-Dec 2 T,Th 5:00-6:00pm
#100640 Oct 26-Dec 2 T,Th 6:00-7:00pm
#100641 Oct 30-Dec 4 Sa 9:00-10:00am
#100642 Oct 30-Dec 4 Sa 10:00-11:00am
#100643 Oct 30-Dec 4 Sa 11:00am-12:00pm

Lake Lynn Community Center

#100664 Aug 30-Oct 6 M,W 4:30-5:30pm
#100665 Aug 31-Oct 7 T,Th 5:00-6:00pm
#100666 Sep 4-Oct 9 Sa 10:00-11:00am
#100667 Sep 4-Oct 9 Sa 11:00am-12:00pm
#100644 Oct 25-Dec 1 M,W 4:30-5:30pm
#100645 Oct 26-Dec 2 T,Th 5:00-6:00pm
#100646 Oct 30-Dec 4 Sa 10:00-11:00am
#100647 Oct 30-Dec 4 Sa 11:00am-12:00pm

Kentwood Park

#100668 Aug 30-Oct 6 M,W 5:00-6:00pm
#100670 Sep 4-Oct 9 Sa 9:00-10:00am
#100648 Oct 25-Dec 1 M,W 5:00-6:00pm
#100649 Oct 30-Dec 4 Sa 9:00-10:00am
#100650 Aug 31-Oct 7 T,Th 5:00-6:00pm
#100651 Sep 4-Oct 9 Sa 9:00-10:00am

#100652 Oct 26-Dec 2 T,Th 5:00-6:00pm
#100653 Oct 30-Dec 4 Sa 9:00-10:00am
Biltmore Hills Community Center
#100654 Aug 31-Oct 7 T,Th 4:30-5:30pm
#100655 Oct 26-Dec 2 T,Th 4:30-5:30pm

Tennis Jr Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#100741 Aug 30-Oct 6 M,W 4:00-5:00pm
#100742 Aug 30-Oct 6 M,W 5:00-6:00pm
#100743 Aug 31-Oct 7 T,Th 4:00-5:00pm
#100744 Aug 31-Oct 7 T,Th 5:00-6:00pm
#100745 Sep 4-Oct 9 Sa 9:00-10:00am
#100746 Sep 4-Oct 9 Sa 10:00-11:00am
#100733 Oct 25-Dec 1 M,W 4:00-5:00pm
#100734 Oct 25-Dec 1 M,W 5:00-6:00pm
#100735 Oct 26-Dec 2 T,Th 4:00-5:00pm
#100736 Oct 26-Dec 2 T,Th 5:00-6:00pm
#100737 Oct 30-Dec 4 Sa 9:00-10:00am
#100738 Oct 30-Dec 4 Sa 10:00-11:00am

Lake Lynn Community Center

#100739 Aug 31-Oct 7 T,Th 4:00-5:00pm
#100740 Oct 26-Dec 2 T,Th 4:00-5:00pm

Tennis Jr Level 3

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#100754 Aug 30-Oct 6 M,W 5:00-6:00pm
#100755 Aug 31-Oct 7 T,Th 4:00-5:00pm
#100756 Sep 4-Oct 9 Sa 11:00am-12:00pm
#100751 Oct 25-Dec 1 M,W 5:00-6:00pm
#100752 Oct 26-Dec 2 T,Th 4:00-5:00pm
#100753 Oct 30-Dec 4 Sa 11:00am-12:00pm

Tennis Jr Level 4

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$88/\$48

Millbrook Exchange Tennis Center

#100763 Aug 31-Oct 7 T,Th 5:00-6:00pm
#100764 Sep 4-Oct 9 Sa 12:00-1:00pm
#100761 Oct 26-Dec 2 T,Th 5:00-6:00pm
#100762 Oct 30-Dec 4 Sa 12:00-1:00pm

Junior Competition

USTA Jr. Team Tennis

Age: 6-10yrs. Come to orientation day Saturday, August 28 9am at Sanderson High School tennis courts (Optimist Park) if you need a team to join. Sept 6-Nov 14
Fees: Coaching \$0 + USTA \$19 + League \$23.

#100787 8U beginner
#100786 10U beginner
#100794 10U intermediate

Age: 10-18yrs. Come to try outs Tue or Wed, Aug 24 or 25 @ 4:30pm at Millbrook Exchange Tennis Center to find a team to join. Sept 6-Nov 14
Fees: Coaching \$45 + USTA \$19 + League \$23.

#100788 12U Bronze
#100789 14U Bronze
#100790 14U Silver
#100791 18U Silver
#100792 18U Gold
#100793 18U Top 80

Tennis Jr Match Play

Age: 8-18yrs. Players will be grouped for singles and/or doubles play during this 2 hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach. Fee: \$40

#100798 Sep 3-Oct 8 F 4:00-6:00pm
#100797 Oct 29-Dec 3 F 4:00-6:00pm

Tennis Jr Singles Ladder

Age: 8-18yrs. Competitive singles ladder play for boys and girls. Join the list of the other participants online, then start arranging matches with the other players. You will accumulate points just for playing matches, win or lose!. Players may join anytime. Ladder update every Mon. Fee: \$0

Bronze

#99619 Aug 23-Nov 1
#99621 Nov 22-Feb 7

Silver

#99620 Aug 23-Nov 1
#99622 Nov 22-Feb 7

Tennis Jr Tournament Team

Age: 8-18yrs. Point play is the focus of this group for junior players who are working on improving their state or sectional ranking. There is limited instruction. Players will be encouraged to attend tournaments.

Lake Lynn Community Center

#101595 Aug 30-Oct 6 M,W 8:00-9:30pm \$168
#101596 Oct 25-Dec 1 M,W 8:00-9:30pm \$168

Millbrook Exchange Tennis Center

Contact Kabiru Ibrahim for more info 395-8051.
Monthly Fee: unlimited times per month-\$256,
6 days per month-\$96, 8 days per month-\$128.

M-Th 4:00-6:00pm

September Session #100769 Sep 1-30
October Session #100770 Oct 4-28
November Session #100771 Nov 1-30
December Session #100772 Dec 1-30